

WHAT IS CLAIMED IS:

1. A method of fitting a golf glove to absorb detrimental forces associated with golf club to golf ball impact, the method comprising the steps of:
 - measuring a golfer's hand and retrieving measurement data;
 - constructing a glove according to said measurement data, said glove including:
 - a glove portion having finger and thumb portions, dorsal and palm portions and a wrist portion, said dorsal and palm portions meeting along conjoining lateral edges to define a pocket for receiving the eminence of a golfer's hand;
 - a pad; and
 - positioning and dimensioning said pad according to said measurement data such that said pad absorbs the detrimental forces associated with the golf club to golf ball impact.
2. The method of fitting a golf glove according to claim 1 wherein said positioning step also includes positioning the pad to closely abut a golf club grip which is held by the golfer during play.

3. The method of fitting a golf glove according to claim 1 wherein said pad of said constructing step includes an elastomeric, non-flowing gel.
4. The method of fitting a golf glove according to claim 3 wherein said pad of said positioning and dimensioning step is positioned and dimensioned in a manner to closely abut the golf club grip during substantially an entire swing movement.
5. The method of fitting a golf glove according to claim 1 wherein said measuring step includes using a computer program to retrieve said measurement data.
6. The method of fitting a golf glove according to claim 1 wherein said pad of said constructing step is positioned to substantially cover the palmar side of the hypothenar eminence of the golfer's hand.
7. A method of fitting a golf glove to protect a golfer from injury, the method comprising the steps of:

measuring a golfer's hand and retrieving measurement data;

retrieving information from a database of known injuries and relative placement of a pad relevant to a golfer's hand to protect a golfer from the onset of such injuries;

constructing a glove according to said measurement data and information received from said database, said glove including:

a glove portion having finger and thumb portions, dorsal and palm portions and a wrist portion, said dorsal and palm portions meeting along conjoining lateral edges to define a pocket for receiving the eminence of a golfer's hand;

a pad; and

positioning and dimensioning said pad according to said measurement data and said information received from said database to protect the golfer from injury.

8. A method of fitting a golf glove to protect a golfer from the reoccurrence of a golf-related ailment, the method comprising the steps of:

measuring a golfer's hand and retrieving measurement data;

obtaining information from a golfer relating to the golfer's ailment;

retrieving information from a database of known golf-related ailments and relative placement of a pad to protect the golfer from the reoccurrence of such ailment;

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constructing a glove according to said measurement data and information received from said database, said glove including:

a glove portion having finger and thumb portions, dorsal and palm portions and a wrist portion, said dorsal and palm portions meeting along conjoining lateral edges to define a pocket for receiving the eminence of a golfer's hand;

a pad; and

positioning and dimensioning said pad adjacent at least one of the finger portion, the thumb portion, the palm portion and the wrist portion according to said measurement data and said information received from said database to protect the golfer from the reoccurrence of the golf-related ailment.